

# Boys High School

TBH-Spring				
Week	Dates	Ice Sessions	Weights/Plyos	Notes
1	Mar 11-15	0	2	Testing/Orientation
2	Mar 18-22	2	4	
3	Mar 25-29	0	0	Spring Break
4	Apr 1-5	2	4	
5	Apr 8-12	2	4	HP 14/15
6	Apr 15-19	2	4	Great 8 HP 16/17
7	Apr 22-26	2	4	NIT/ Final 54
8	Apr 29- May 3	2	4	
9	May 6-10	2	4	
10	May 13-17	2	4	
11	May 20-24	2	4	
12	May 27-31	0	4	Memorial Day
13	June 3-7	0	2	Testing/Last Week of School
Total Sessions		18	44	

TBH-Summer				
Week	Dates	Ice Sessions	Weights/Plyos	Workout Details
1	June 10-14	1	3	HS STP START
2	June 17-21	2	3	Friday 4v4
3	June 24-28	1	3	
4	July 1-5	0	0	Fourth of July
5	July 8-12	2	3	Friday 4v4
6	July 15-19	1	3	
7	July 22-26	2	3	Friday 4v4
Total Sessions		9	18	

We strongly encourage and recognize the importance of attending HS STP Programs for players and coaches. We lighten our program to accommodate and encourage STP participation. We run one skills session a week and 4v4 games every other week. **We do believe it is important to continue our lifting program through the summer for consistency and best results**

TBH-Fall				
Week	Dates	Ice Sessions	Weights/Plyos	Workout Details
1	July 29-Aug 2	3	4	
2	Aug 5-9	3	4	
3	Aug 12-16	3	4	
4	Aug 19-23	3	4	
5	Aug 26-Aug 30	3	4	
6	9/4-9/8	0	0	Labor Day/ 1st Week of School
7	Sept 9-13	2	4	
8	Sept 16-20	2	4	
9	Sept 23-27	2	4	
10	Sept 30- Oct 4	2	4	
11	Oct 7-11	2	4	
12	Oct 14-18	2	4	
13	Oct 21-25	0	0	MEA Break
14	Oct 28- Nov 1	2	4	
15	Nov 4-8	2	4	
Total Sessions		31	52	

Deload week in October will be MEA Week

Payment Breakdown	
SEASONAL	
\$1,300	
March	\$ 500.00
April	\$ 400.00
May	\$ 400.00

Payment Breakdown	
SEASONAL	
\$600	
June	\$ 300.00
July	\$ 300.00

Payment Breakdown	
SEASONAL	
\$1,700	
August	\$ 500.00
September	\$ 500.00
October	\$ 400.00
November	\$ 300.00

TBH Total is a full off season package for your training. It covers your total training from March until the start of the HS season in November.

We also recognize our athletes who play multiple sports, have other obligations, etc. and offer seasonal packages to accommodate the best that we can.

TBH TOTAL	
Total Cost	
8 Monthly Payments of \$390	\$ 3,120.00

  

SEASONAL			
Spring	Summer	Fall	
\$ 1,300.00	\$ 600.00	\$ 1,700.00	\$ 3,600.00

